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FEEDBACK

Hemi-Sync® Paintings

The following is from a letter by Alison Perrott, of Fleet, Hants England. Her husband, John, is a GO Trainer.

...I had worked with the H-PLUS® tapes prior to the Workshop but doing the weekend intensive brought the whole H-PLUS experience into focus and, to my great delight, the quality of my life has already improved with using the functions daily. I particularly enjoy using the functions in combination and the 'finetuning' that this enables...

Su and I have been fairly prolific with Hemi-Sync painting (listening to Hemi-Sync music, letting go and painting what emerges) with some wonderous results. We recently put on an exhibition of our paintings and received some very positive feedback from several people, one of whom has been inspired to do his own freeflow painting... It is still quite strange to see our paintings nestled in amongst the still-life fruit bowls and landscape paintings.

Hemi-Sync is an integral part of our lives (our daughter was bom to it and she has Surf playing in her bedroom throughout the night) and we aim to promote it at all opportunities. As John once said, “It (Hemi-Sync) is so valuable, I think Bob (Monroe) would add it to breakfast cereal if it could be ‘fed' to people that way!”

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